



Newsletter Friday 6th December 2024

## Kingmoor Nursery and Infant School

### Christmas Dinner



Our kitchen staff will be making a fabulous traditional Christmas Dinner or Vegetarian Christmas Dinner for the children on Wednesday 18th December. Please can you book your child's lunch on Eduspot by next Friday at the latest.

Please be aware there will not be a sandwich alternative on this day.

**If you have already booked for the day please go into Eduspot and re-select your child's option of Christmas Dinner or Packed Lunch by next Friday.**

### Parental Course - sign up

Please see poster for details for a free Relaxation Course for parents in the New Year to be held in school. Please contact the office as soon as possible if you would like to join in.

MOVE PLAY STRETCH FEEL BREATHE BELIEVE RELAX

## just relax WELLBEING AND RELAXATION CLASSES FOR BUSY PARENTS

9:15-10:15 each week

13th Jan  
20th Jan  
27th Jan  
3rd Feb  
10th Feb

At Kingmoor Nursery and Infant School

Supporting wellbeing  
Relax Kids  
SINCE 2000

Just Relax sessions may help:

- Improve sleep
- Reduce stress and anxiety
- Boost self esteem
- Aid concentration
- Reduce anger and frustration
- Improve your physical, mental and emotional wellbeing

Join us for our Just Relax wellbeing and relaxation classes for busy parents

- Take time out just for yourself without interruption
- Learn relaxation and mindfulness techniques to share with your family
- Be in a space where you can "be" rather than "do"
- Treat yourself to some inner calm and feel the stress melt away
- Boost your wellbeing and happiness
- Approach chaotic times in a calmer manner

For more information:

Contact  
admin@kingmoor-inf.cumbria.sch.uk  
01228 558892



## Open Reading Session



Lovely to see lots of parents and carers coming for the Open Reading Session this week, the children enjoyed being able to share their reading.

The next session will be on Monday 3rd February 2025.

## Disco



*1 - Disco*

Fundraising Disco - Thursday 19th December!

For Reception children this will be from 3.30pm - 4.30pm and will be held in the Reception building.

For Years 1 & 2 children, their disco will be from 5.30pm - 6.30pm in the school hall.

Children will enjoy a drink and packet of crisps at these events. If your child would like to come please make payment of £5.00 through Eduspot by Monday 16th December.

**Please note you are not able to book on the day, this must be done in advance, thank you.**

## Christmas Activities

A vertical poster for a Christmas Craft Competition. The background is white with a decorative border of various Christmas-themed illustrations including a heart-shaped cookie, holly leaves, a candy cane, a gingerbread man, a red gift box, a red Christmas sweater, a Santa hat, a red Christmas stocking, and a pine branch. The text is centered in a black, sans-serif font.

### Christmas Craft Competition

This year we would like you to make something Christmassy but where possible please use recycled items.

We want to reduce, reuse and recycle. You can of course add other elements to your creations. Prizes will be given for each year group and we cant wait to see what you can make.

There is a 50p donation to enter and winners to be announced at the Christmas Window Wander Thursday 12th December

A vertical poster for a Christmas Window Wander event. The background is white with a decorative border of various Christmas-themed illustrations including a heart-shaped cookie, holly leaves, a candy cane, a gingerbread man, a red gift box, a red Christmas sweater, a Santa hat, a red Christmas stocking, a pine branch, a Christmas tree, a mug of hot chocolate, a red Christmas stocking, a gingerbread man, and a red gift box. The text is centered in a black, sans-serif font.

### Christmas Window Wander

Thursday 12th December  
3.30pm

Please come and join us for:

- \*finding the Christmas windows
- \*angel decorations
- \*reindeer food
- \*wooden decorations
- \*hot chocolate and biscuits
- \*raffle
- \*tattoos

All items are for sale between  
50p - £1 cash only

In Reception this week.....

Reception have been busy making reindeer food for the Christmas event next week!





## Reception 2025 applications

Reminder: Please ensure you complete the application form (either online or paper copy from the school office) if your child is due to start Reception in September 2025. The the deadline is 15th January 2025.

Link: <https://www.gov.uk/schools-admissions>



Parents/carers are responsible for applying for a school place by **15 January 2025**

## Starting School

Children born between **1 September 2020** and **31 August 2021** can start school in **September 2025**

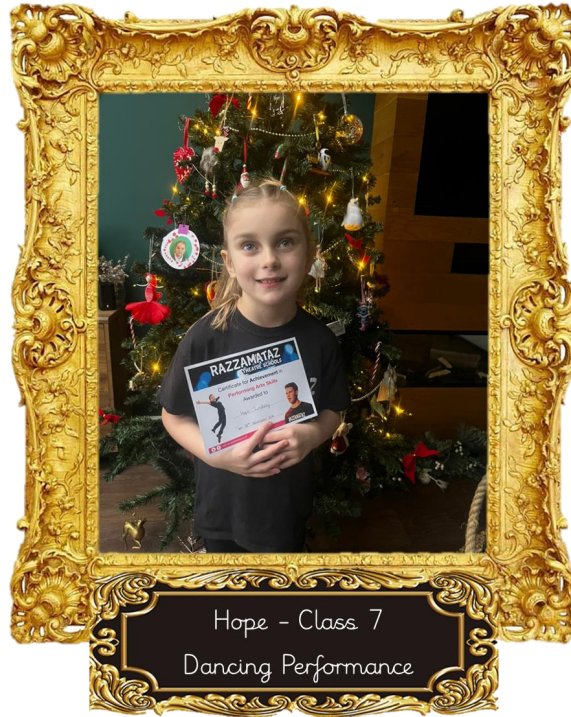
You can apply online at: [www.cumberland.gov.uk](http://www.cumberland.gov.uk)  
or contact: 01228 221582  
or email [school.admissions@cumberland.gov.uk](mailto:school.admissions@cumberland.gov.uk)

[cumberland.gov.uk](http://cumberland.gov.uk)

## Talents & Achievements

Well done to all the children who have shared their talents and achievements with us this week, thank you.





Hope - Class 7  
Dancing Performance



Emily - Class 2  
Rainbows Helper Award



Olivia - Class 1  
Swimming Award



Nova - Class 2  
Star of the Week



Jereiah and Jonty  
3rd Place CSP Maths



Alethea & Sophia - C6  
Swimming Award



## Makaton

Please take a look at the Makaton Advent Calendar!

**Makaton Advent Calendar**

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1st Snowman	2nd Christmas Tree	3rd Sleigh	4th Family	5th Stars	6th Happy	7th Bells
8th Pudding	9th Winter	10th Jesus	11th Reindeer	12th Holiday	13th Presents	14th Church
15th Donkey	16th Stable	17th Candles	18th Angel	19th King	20th Cake	21st Robin
22nd Turkey	23rd Toys	24th Sleep	25th Christmas Day		26th Father Christmas	

## Attendance

This week attendance in school had been 95.1%

## Stars of the Week!

This half term our Learning power is 'Imagining'



Nursery Stars: Cayden Sienna Sophia B Reuben

Lunchtime Award: Olivia-Rose K Natalya-Rosa S Noah L Indie T

Class 1 Star: Thomas

Lunchtime Award: Ivy H

Class 2 Star: Chase

Lunchtime Award: Chase C

Class 3 Star: Rosalie

Lunchtime Award: Maya C

Class 4 Star: Edie

Lunchtime Award: Edie B

Class 5 Star: Lily

Lunchtime Award: Isla B

Class 6 Star: Phoebe

Lunchtime Award: Alethea S

Class 7 Star: Caleb

Lunchtime Award: Jereiah L

Class 8 Star: Taylor

Lunchtime Award: Lola A

Class 9 Star: AJ

Lunchtime Award: Oliver S

## Calendar Dates

Wednesday 11 <sup>th</sup> December	Christmas Performance (PM) - Reception	2.30pm
Thursday 12 <sup>th</sup> December	Christmas Performance (AM) - Reception	9.30am
Thursday 12 <sup>th</sup> December	Christmas Window Wander	From 3.30pm
Friday 13 <sup>th</sup> December	Christmas Performance (AM) - Year 1	9.30am
Friday 13 <sup>th</sup> December	Christmas Performance (PM) – Year 1	2.30pm
Monday 16 <sup>th</sup> December	Christmas Performance (PM) – Year 2	2.30pm
Tuesday 17 <sup>th</sup> December	Christmas Performance (AM) - Year 2	9.30am
Wednesday 18 <sup>th</sup> December	Christmas Dinner Day	
Thursday 19 <sup>th</sup> December	Disco – Reception	3.30pm-4.30pm
Thursday 19 <sup>th</sup> December	Disco – Year 1 & Year 2	5.30pm – 6.30pm
Friday 20 <sup>th</sup> December	Christmas Jumper Day	
Friday 20 <sup>th</sup> December	Last Day of Term	
Tuesday 7 <sup>th</sup> January 2025	First Day of Term	

## Menu for week commencing 9th December 2024

1.	Choice 1	Choice 2	Pudding
Monday	Ham or Cheese & Tomato Pizza served with wedges & baked beans or salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Ice Cream Roll or fresh fruit or yoghurt
Tuesday	Sausage (Pork) or Veggie Sausage served with potato waffles, sweetcorn & gravy	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Banana Cake or fresh fruit or yoghurt
Wednesday	Turkey Burger or Quorn Fillet Served with potato puffs & salad	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Iced Gingerbread or Fresh Fruit or yoghurt
Thursday	Beef Pasta Bolognese or Sweet Tomato Pasta served with Garlic Bread & Green Beans	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Marble Sponge or Fresh Fruit or yoghurt
Friday	'Fishy Friday' or Cheese & Egg Flan served with chips, sweetcorn & tomato ketchup	Freshly Made Sandwich Filled with a choice of tuna, ham or cheese served with fresh salad	Anzac Biscuit or Fresh Fruit or yoghurt

# ONLINE FRAUD

**Students and parents - are you shopping online for Christmas presents? Follow some simple tips to stay free of fraud this festive season.**

**Don't pay by transferring money directly to people or companies you don't know.**  
You may lose it if it's a scam. If you can, pay by credit card.

**Check a website is authentic.**  
Carefully check the address is spelled correctly. Type it in rather than clicking on a link. Check consumer websites or reviews.

**Make sure your shopping, online and banking payment accounts are protected by strong passwords.**  
Don't use them for any other account.

**Be suspicious about unrealistically low-cost items.**  
If it seems too good to be true - it probably is.


**Don't click on links in emails, texts or posts that you're not expecting.**  
They could be a fraudster's trap - and don't open unexpected email attachments.

**Make sure payment pages are secure.**  
Check addresses begin with 'https' ('s' is for secure) and there's a closed padlock in the address bar.

**Fraudulent texts and emails claiming to be from home delivery companies telling you that you owe a fee are commonplace.**  
Keep a record if you can of what you buy and which delivery firm the retailer is using.

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
0300 123 2040

**STOP! THINK FRAUD**



**'We play loads of fun games, do activities and challenges and sometimes get badges'**  
Matilda

## Rainbows

**Girls play, learn and have tons of fun**  
for ages 4 to 7

At Rainbows, we welcome all girls to play, learn and have fun in a creative, safe space for all abilities.



Registered charity number: 306206

Join a local Rainbows group [girlguiding.org.uk/joinus](http://girlguiding.org.uk/joinus)







## Cumberland's Holiday Activities and Food Programme Carlisle Area

[cumberland.gov.uk](http://cumberland.gov.uk)

### Book activities now!

Visit [cumberland.gov.uk/holidays](http://cumberland.gov.uk/holidays) to search for available activities and contact the provider directly to book.

Provide your HAF eligibility code when booking.

Bookings are first-come-first served and are subject to availability. Dates can change, please contact the activity provider for more information.

### Who can book HAF activities?

The Holiday Activity and Food programme is aimed at all statutory school-age children and young people (Reception-Year 11). Places are FREE for eligible children due to funding from the Department for Education

Funded places are for young people who receive benefits-related Free School Meals and other eligible children in particular circumstances.

### Useful information

- Eligible children can attend up to 4 sessions this winter.
- Some activity providers offer transport, contact them for more information.
- All children who attend will be provided with a meal each session.
- If you are not eligible for a funded place many providers offer paid places. Contact them for more information.

### My child has additional needs.

#### Are there activities suitable for them?

Many of our providers support places for children with additional needs. Contact the provider to discuss your child's needs and suitability of the session. Discuss with them how your child can be best supported and how their needs might be met to ensure they can have the best possible experience.

For any enquiries, to check your eligibility status, or to request a code, please email: [HAF@Cumberland.gov.uk](mailto:HAF@Cumberland.gov.uk)



SCAN ME

Funded by  
  
Department  
for Education

**Carlisle Community Help  
(Hammond's Pond Café,  
Buchannan Road, Carlisle)**

**Description:** Christmas fun sessions in our community cafe at Hammond's Pond. Over four days parents can bring their children along to allocated time slots to take part in fun Christmas themed crafts, after they have finished then they can take away a Christmas food hamper. The hampers will also contain a newly designed cookbook with family friendly recipes so the children can have fun in the holidays learning new skills. Child friendly cooking equipment will also be provided.

**Age range:** 5 - 16

**Dates:** 21, 22, 23 and 28 December

**Times:** 10am - 4pm

**Booking information:**

Call 07394 546877 or email

Info@carlislecommunityhelp.co.uk to book a time slot.



**Carlisle Food Security Network  
(Botcherby Community Centre,  
Victoria Road, Carlisle)**

**Description:** Remote Offer - Families can pick up and take away food and activities for the festive period. Bags will be packed and collected at a set time from Botcherby Community Centre. Eligible families will be identified through referrals. Priority will be given to families on means tested free school meals.

**Age range:** 5 - 16

**Dates and times:** To be arranged with referral partner.

**Booking information:** Referrals only.

**Carlisle Mencap  
(The Grace Little Centre,  
Crindledyke Road, Carlisle)**

**Description:** 23 December: Participants will have the opportunity to take part in a bear building workshop as well as completing winter themed craft activities. This will also include making their own Christmas buffet.

6 Jan: Children will have the opportunity to watch The Jungle Book at Theatre by the Lake. Meal and transport included.

**Age range:** 8 - 18

(SEN Children only)

**Dates & Times:**

23 December: 10am - 3pm

6 January: 12pm - 5pm

**Booking information:** Call 01228

674393 or email

children@carlismencap.co.uk

**Carlisle Youth Zone - Junior Offer  
(Victoria Place, Carlisle)**

**Description:** Carlisle Youth Zone offers a wide range of activities including, games and challenges, sport, music, arts, and crafts, baking and cooking, book club and gym. Meals included.

**Age range:** 8 - 12

**Dates:** 23, 27, 30 December

& 3 January

**Times:** 8.30am - 3.30pm

**Booking information:** Call

01228 516280 or email

info@carlisleyouthzone.org

**Carlisle Youth Zone - Senior Offer  
(Victoria Place, Carlisle)**

**Description:** Participants will arrive at 10am, there will be a range of activities including Sport, arts and Crafts, Music Baking and Gym. As well as providing somewhere to chill out over the busy festive period. Meals included.

**Age range:** 12 - 16

**Date:** 23, 27, 30 December

& 3 January

**Time:** 10am - 2pm

**Booking information:**

Call 01228 516280 or email

info@carlisleyouthzone.org



**Currock Community Centre  
(Lediard Avenue, Carlisle)**

**Description:** A fun day of sports, crafts, and games with the GLL Community Development Team with a tie dying workshop with Just Messin where you get to take your t-shirt home! Hot Homemade Meals and snack included. All children will receive an activity pack and food parcel to take home. Bookings close on 19 December.

**Age range:** 5 - 11

**Date:** 6 January

**Time:** 9am - 3pm

**Booking information:**

Call 01228 591868 or email

info@currockcc.co.uk

**Funcation - Carlisle Matters  
(Brampton Community Centre,  
Union Lane, Brampton)**

**Description:** Christmas party, including games, disco, seasonal crafts, and Christmas lunch.

All children will receive an activity pack and food parcel to take home.

**Age range:** 5 - 11

**Date:** 21 December

**Time:** 10am - 3pm

**Booking information:** Visit

<https://carlismatters.co.uk/events/>

**Longtown Community Centre  
(Arthuret Road, Longtown)**

**Description:** We will be spending the day taking part in Christmas crafts, games, activities, and baking Christmas goodies. Children will also enjoy a tasty home cooked lunch. All participants will receive an activity pack and food parcel to take home.

**Age range:** 4 - 11

**Date:** 23 December

**Time:** 10am - 2pm

**Booking information:** Call

**01228 791876**, email

**steph.graham@longtowncc.co.uk**

or come to the centre to complete a booking form.

**Oak Tree Animals' Charity  
(Oak Tree Farm, Wetheral  
Shields, Carlisle)**

**Description:** Come along to Oak Tree Farm for a day learning about how we care for our animals, making sure they are all well looked after while they wait for a new home. We will have lots of fun and games, meeting some of our animals and getting a behind the scenes look at a working animal rescue centre. Lunch, drinks and snack included, plus participants will be given a pack to take away containing lunch and an activity pack all about animal welfare for the following day.

**Age range:** 5 -10

**Date:** 3 January

**Time:** 10am - 2pm

**Booking information:** Call

**01228 560082** or email

**info@oaktreanimals.org.uk**



**Funcation - Carlisle Matters  
(Botcherby Community Centre,  
Victoria Road Carlisle)**

**Description:** Christmas party, including games, disco, seasonal crafts, and Christmas lunch. All children will receive an activity pack and food parcel to take home.

**Age range:** 5 - 11

**Date:** 23 December

**Time:** 10am - 3pm

**Booking information:** Visit

**[https://carlismatters.co.uk/  
events/](https://carlismatters.co.uk/events/)**

**Game On  
(9 Englishgate Plaza, Carlisle)**

**Description:** Over the Christmas holidays children and adults will have the opportunity to take part in one game of Bowling and 9 holes of mini golf. Children will also receive a meal. Places are limited to 10 families per day so please book early. One free adult space per booking.

**Age range:** 4 - 12

**Dates:** 20 December - 4 January

**Times:** 12pm - 5pm

**Booking information:** Call

**01228 470023** or email  
**gameoncarlisle@gcl-leisure.com**

**GLL The Sands Centre  
(Newmarket Road, Carlisle)**

**Description:** Our wonderful camp is designed for children who love the water, who can swim to take part in a range of water activities each day like water polo, lifesaving skills, pool games and additionally dry sports like gymnastics, trampolining, pickleball, rounders, badminton, tag rugby and many more. Meals included.

**Age range:** 8 -16

**Dates:** 2, 3 and 6 January

**Times:** 9am - 3pm

**Booking information:** Email

**chloe.nixon@gll.org**

**GLL Trinity Leisure Centre  
(Strand Road, Carlisle)**

**Description:** Fun filled day of Multi Sports, Arts & Crafts, Games, and swimming. Meals included.

**Age range:** 5 - 11

**Dates:** 30 December, 2, 3 and

6 January

**Times:** 9am - 3pm

**Booking information:** Email

**Michael.barnes@GLL.org**



**Pyjama Drama North Cumbria (Holme Head House Community Atelier, Denton Holme, Carlisle)**  
**Description:** Immersive sessions of high-energy games, dynamic drama techniques, a delicious lunch, and engaging craft activities, fostering friendships and confidence building for a memorable experience filled with laughter and joy.  
**Age range:** 5 - 8  
**Dates:** 23, 30 and 31 December and 2 January  
**Time:** 10am - 2pm  
**Booking information:** Visit: <https://www.ticketsource.co.uk/pyjama-drama-cumbria/e-dmaevx>

**St Barnabas and St Luke's Churches with The Lookout Community Hub**  
**Description:** Days will include inflatables, games, sports, crafts, trampolining, and food:  
**23 December:** Christmas dinner and disco (St Barnabas) 3pm - 7pm  
**30 December:** Treasure trail, games, and crafts (St Barnabas) 11am - 2pm  
**2 January:** Inflatables (St Lukes) 11am - 2pm  
**6 January:** Trampolining at Fusion 4:30pm - 7:30pm  
**Age range:** 4 - 16  
**Dates:** 23 and 30 December, 2 and 6 January  
**Times:** See description  
**Booking information:** Message us through Facebook at The Lookout Community Hub or message **07436 005238**

[cumberland.gov.uk](http://cumberland.gov.uk)



Kingmoor Nursery and Infant School



Knowsley City Learning Centres

## Online Safety Newsletter Dec 2024

### Talkie AI App

This app is rated as 17+ by the App store and 12+ by Google Play.

Talkie is an AI chatbot app. Users can use the app to create and interact with AI characters.

You should also be aware that this app includes in-app purchases ranging from £4.99 - £49.99.

Talkie does offer a Teenager Mode; however, the content still may not be appropriate for your child. Bark reviews this app here, and recommend that your child **should not be using this app:**

<https://www.bark.us/app-reviews/apps/talkie-app-review>

### Tips to help you talk about cyberbullying

Internet Matters have collated their tips to help you talk about cyberbullying with your child based on different age categories. The information is divided into four sections:

1. Before you start the conversation
2. Things to talk to them about such as how to deal with cyberbullying
3. What to do next
4. Where to get further help

<https://www.internetmatters.org/issue/cyberbullying/cyberbullying-conversation-starter-guide>

### New Technology

With Christmas nearly here and with some children receiving new technology or related games, here is a quick reminder of the importance of setting up appropriate parental controls.

#### Games/Consoles

- Check age ratings: look at the PEGI rating of any new games.
- Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.
- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.
- On the device itself, set up applicable controls such as restricting spending limits and managing who they can communicate with. Follow the links below to find out how to set up Parental Controls for some devices here:

**Xbox:** <https://www.xbox.com/en-GB/family-hub>

**PSS:** <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>

**Nintendo Switch:** <https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>

#### Tablets/Smart phones

Set up parental controls on the device to prevent purchases, restrict content viewed and adjust privacy settings. Furthermore, remember to check any apps your child requests to check that they are suitable for their age. Follow the links below to find out more:

**iPhones/iPad:** <https://support.apple.com/en-gb/105121>

**Android Device:** <https://support.google.com/googleplay/answer/1075738>

#### Why is it important?

Parental controls are important to help provide a safer experience for your child by reducing/preventing access to inappropriate content, cyberbullying, communication with strangers and restricting purchases.

#### Further information

You can find out more about parental controls here:

<https://www.childnet.com/help-and-advice/parental-controls/>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.12.24.

You may have seen the recent investigation about Roblox by Hindenburg, which highlights very worrying concerns about the content that can be seen on Roblox, even when users have listed their age as under 13. You can read the full report here: <https://hindenburgresearch.com/roblox/>

#### What is Roblox?

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in game/app purchases are available) and can be played across numerous devices. A lot of the content is user generated, which may mean not all games will be suitable for your child to view/play. If your child is playing Roblox, it is important to monitor what your child is accessing and set up appropriate parental controls.

PEGI rate Roblox with a Parental Guidance label, this is because it is difficult to rate due to the huge level of user generated content.

#### What should I be aware of?

**Game content** – as mentioned, users create games so the content/themes may not be appropriate for your child.

**Chat Facility** – Players can chat to each other. You can turn communication off completely or add restrictions, such as only communicate with friends.

**Virtual Currency** - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories.

#### Age Categories

This article discusses the difference in accounts based on age (under age 13 and aged 13 – 17):

<https://en.help.roblox.com/hc/en-us/articles/30428367965460-What-happens-as-i-get-older-on-Roblox>

#### Roblox accounts with Parental privileges - NEW

Roblox have just launched a new system to manage your child's experience on Roblox through 'Roblox accounts with parent privileges'. The new format allows you to view and update parental controls from your own device. Controls include setting content restrictions, managing screen time and setting a spending limit. You can find out more here:

<https://en.help.roblox.com/hc/en-us/articles/30428248050068-Parental-Controls-FAQ>

#### Content Labels - NEW

Roblox have begun labeling experiences based on the type of content rather than by age. You can set limits on which content labels are accessible in parental controls. The labels are Minimal, Mild, Moderate and Restricted. You can find descriptions of each here:

<https://en.help.roblox.com/hc/en-us/articles/30428310121620-Parental-Controls-Overview>

#### How do I report abuse and block users?

This article outlines the different reporting facilities:

<https://en.help.roblox.com/hc/en-us/articles/203312410-How-to-Report-Rule-Violations>

#### What else can I do?

Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them then they should talk to you or another trusted adult.

The NSPCC have published six tips to help you improve your family's online wellbeing. They also provide you with a guide on how to talk to your child about what they are doing online as well as a quiz that you can play together. You can find our more here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/>

#### The 'Add Everyone' Explicit WhatsApp Group

The INEQE Safeguarding group have issued an alert regarding a WhatsApp group known as 'Add Everyone'. Find out more here:

<https://ineqe.com/2024/10/31/safeguarding-alert-add-everyone-whatsapp-group/>

